

LACDMH SUPPORTS CONNECTION, EMPOWERMENT AND REVITALIZATION THROUGH eCPR By Stella Archer



LACDMH-Two-day eCPR Certification-June 25-26th, 2014

A successful and transformative Emotional CPR training was provided June 25–26, 2014, by the Los Angeles County Department of Mental Health (LACDMH).

Emotional CPR (eCPR), created by psychiatrist Dr. Daniel Fisher, M.D., Ph.D., and 20 others with lived experience, is a healing process by which individuals in crisis are supported through their distress to restoration of emotional equilibrium, hope, empowerment and reengagement with family and community support systems.

Dr. Fisher is the Executive Director of the National Empowerment Center and lectures globally. A former Commissioner of the White House New Freedom Commission on Mental Health (2002-3), Dr. Fisher also co-organized the National Coalition for Mental Health Recovery and is the author of numerous publications.

“eCPR is a public health education program designed to teach people to assist others through emotional crisis through three steps: C = connecting, P = emPowering, and R = revitalizing. eCPR recognizes that the experiences of trauma, emotional crisis and emotional distress are universal; they can happen to anyone at anytime, anywhere,” explains Dr. Fischer.

This non-clinical process is currently endorsed and used by the State Departments of Mental Health of fifteen states in the U.S. and in five other countries: Germany, Iceland, Australia, Scotland, and Singapore. It is recommended by CARF International (Commission on Accreditation of Rehabilitation Facilities) and by the International Association of Chiefs of Police for inclusion in law enforcement training. Emotional CPR's powerful simplicity and effectiveness is used by lay persons as well as mental health providers.

The twenty participants in this training included staff and peer specialists from diverse parts of LACDMH. The highly successful training was facilitated by Dr. Fisher and California eCPR Coordinator Maria Ostheimer, M.A., along with four apprentice facilitators: Cathy Williamson, Lois Brooks, Neydi Abrams and Stella Archer.

The emotional atmosphere in the training was enthusiastic, caring and committed. Participant Mark Meeker stated, "You have touched my heart; I will never forget the love we shared. I will certainly pass it forward."

Elgedine Rudolph said of her experience, "The eCPR training for me was a breath of fresh air. I fell in love with the concept and the individuals attending. I felt like I left with sisters and brothers that I met for the first time. I thank God for the creator of the training and believe that the world would be a much better and safer place if it were mandated to all people."